



## Sexual Health Education Grade 9-12

# Sexual Health Education Curriculum Grade 9-12

The following lessons have been created to meet the sexual health education needs of students in grades 9-12.

### **Alignment with National Standards**

Chicago Public Schools (CPS) and the Office of Student Health and Wellness (OSHW) have created this lesson sequence to align with the National Sexuality Education Standards (NSES) that were developed by the Future of Sex Education (FoSE). Lessons address standards in the topic areas of; anatomy and physiology, identity, pregnancy and reproduction, healthy relationships, and personal safety. The NSES provides a framework to address the essential minimum requirements for comprehensive sexual health education. By addressing each of these standards within the context of the following lessons, CPS ensures that key components of student's health and development are addressed.

Standards met within the context of individual lessons are listed at the top of each lesson plan. Further tracking by standards can be found within the *NSES Tracking by Grade Level* tool.

### **Meeting CPS Policy**

In compliance with CPS Sexual Health Education Policy, the lesson sequence for grades 9-12 are; developmentally appropriate, support improved health outcomes for all students, focus on health promotion and risk reduction, are medically and scientifically accurate, holistic in approach, and consistent with state laws.

Through the use of essential classroom based lessons and activities, extended activities, and recommended resources, the lessons in this section succeed in meeting the minimum 675 minutes required for grades 9-12.

The Activities section of lesson plans for grades 9-12 cover key concepts required to meet the national standards listed at the top of each lesson plan. The accumulation of these activities may **not** meet the total minutes required per grade per year. Extension Activities outlined at the end of some lesson plans build upon key concepts through group work, individual projects, group reading, and take-home activities that engage parents / guardians in the learning process. **All Extension Activities are optional** however some may be needed to fulfill minute requirements. Educators should use the *Minutes Tracking by Grade and Topic Area* tool to assess whether the extension activities are needed to meet minimum teaching minute requirements.

### **Materials**

Materials required for the completion of grades 9-12 lessons include videos. Videos are available on Safari Montage or for checkout from the Office of Student Health and Wellness by contacting [SexualHealthEd@cps.edu](mailto:SexualHealthEd@cps.edu).



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### **Internet Safety Policy Alignment**

Common Sense Media is the adopted CPS curricula supported by the Office of Education Tools and Technology and fulfills CPS Policy 12-0627-PO2 and the Child Internet Protection Act. Common Sense Media lessons build on key concepts conveyed in the Sexual Health Education curriculum. Common Sense Media topics reinforce NSES and aid instructors in meeting the required teaching minutes outlined in the CPS Sexual Health Education Policy.

Prior to beginning education, educators should register for FREE access to Common Sense Media Curriculum at [www.commonsensemedia.org](http://www.commonsensemedia.org). The full scope and sequence of the curriculum can be found under the Digital Citizenship link under the Educators dropdown menu on Common Sense Media's homepage. Educators are encouraged to review the site and make use of additional teaching tools to fulfill CPS Policy 12-0627-PO2 and augment sexual health education.

### **Lesson Sequencing**

It is recommended that lessons be implemented progressively by unit and grade as outlined below. However, based on the pre-assessments and the educator's assessment of baseline student knowledge on key topics and subjects, lessons from previous or subsequent lessons may be used to augment the recommended unit. **All grade levels and lessons are available to all teachers for use.** Specifically, an optional Human Anatomy and Reproduction Lesson is provided at each grade level as a review of grade 6 Sexual Health topics.

### **Units and Lessons**

The following lessons comprise grades 9-12 Sexual Health Education curriculum:

#### **9<sup>th</sup> Grade**

Grade 6 Lesson 1: Human Reproduction-(Optional- This lesson can be taught as an optional lesson in Grade 9. First, administer the Grade 9 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 9 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Decision Making – Students discuss the choices and consequences of sexual health decisions and practice using a decision making model to make healthy choices.

Lesson 2: Pregnancy and Prenatal Practices – Students study the signs and symptoms of pregnancy and research prenatal practices for a healthy pregnancy.

Lesson 3: Teens and Parenting – Students participate in activities that illustrate resources needed to care for a child and the challenges that face teen parents.

Lesson 4: Teen Sexual Health and Pregnancy Options – Students explore laws that effect sexual health care options for minors.

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Lesson 5: Contraceptives – Students compare and contrast the use and effectiveness of various contraceptive methods, including abstinence.

Lesson 6: Sexually Transmitted Infections and HIV – Students learn how to lower their risk of acquiring a sexually transmitted infection and explore resources for testing and treatment.

Lesson 7: Negotiation Skills – Students role play scenarios on sexual health and practice using techniques to set sexual boundaries and delay sexual activity.

Lesson 8: Resources – Students create an annotated bibliography on topics of sexual health and access to care.

Lesson 9: External Influences and Sexual Health – Students learn how drugs, alcohol, and other external influences can affect sexual health decisions.

### 10<sup>th</sup> Grade

Grade 6 Lesson 1: Human Reproduction-(Optional- This lesson can be taught as an optional lesson in Grade 10. First, administer the Grade 10 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 10 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Human Sexual Response – Students learn the physiological process of the human sexual response cycle, including the role of hormones.

Lesson 2: Healthy Relationships – Students discuss qualifications of a healthy relationship and how to effectively communicate within romantic relationships and peer relationships.

Lesson 3: Technology and Relationships – Students learn how to use technology safely, respectfully, and ethically in romantic and non-romantic relationships.

Lesson 4: Body Image and Self-Esteem – Students explore how media, friends, and family can affect their self-esteem and body image.

Lesson 5: Identity – Students discuss how gender bullying and homophobia can hurt individuals and the community and create a strategy for showing respect and dignity to everyone.

Lesson 6: Bullying and Sexual Harassment – Students compare and contrast bullying, harassment, and sexual harassment and strategize ways to respond to bullying, harassment, and sexual harassment.

Lesson 7: (Cyber)Bullying – Students learn how online gossip and comments can have real life consequences.

Lesson 8: Sexual Abuse – Students identify facts and myths of sexual violence and learn how media and culture can influence their perception of sexual violence.

Lesson 9: Sex and Alcohol - Students identify how alcohol and drugs can influence sexual decisions and practice strategies for maintaining personal safety.

### Track Extension

Lesson sequences for grades 11 and 12 provide students the opportunity to review and expand on previously covered lessons from grades 9 and 10. Selected lessons from grade 9, focusing on the

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prevention of sexually transmitted infections and unplanned pregnancy, comprise the bulk of the 11<sup>th</sup> grade curriculum. These lessons are followed by a 135 minute peer teaching project that challenges students to be peer advocates for safer sex practices, while meeting NSES. Similarly, grade 12 curriculum pulls selected lessons from the 10<sup>th</sup> grade sequence focusing on healthy relationships and identity. Lessons cumulate in a 135 minute advocacy project.

### 11<sup>th</sup> Grade

Grade 6 Lesson 1: Human Reproduction-(Optional- This lesson can be taught as an optional lesson in Grade 11. First, administer the Grade 11 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 11 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Pregnancy and Prenatal Practices- Students study the signs and symptoms of pregnancy and research prenatal practices for a healthy pregnancy.

Lesson2: Teens and Parenting - Students participate in activities that identify resources needed to care for a child and the challenges that face teen parents.

Lesson 3: Teen Sexual Health and Pregnancy Options - Students explore laws that effect sexual health care options for minors.

Lesson 4: Contraceptives - Students compare and contrast the use and effectiveness of various contraceptive methods, including abstinence.

Lesson 5: Sexually Transmitted infections and HIV - Students learn how to lower their risk of acquiring a sexually transmitted infection and explore resources for testing and treatment.

Lesson 6: Negotiation Skills - Students role play scenarios on sexual health and practice using techniques to set sexual boundaries and delay sexual activity.

Lesson 7: External Influences and Sexual Health - Students learn how drugs, alcohol, and other external influences can affect sexual health decisions.

Final Project: Peer Teaching – STI and Pregnancy Prevention - Students work cooperatively to educate peers on safer sexual health practices.

### 12<sup>th</sup> Grade

Grade 6 Lesson 1: Human Reproduction-(Optional- This lesson can be taught as an optional lesson in Grade 12. First, administer the Grade 12 pre-test and determine if students require instruction and/or review of Human Anatomy and Reproduction. If necessary teach this lesson and then return to Grade 12 lesson sequence.) Students describe male and female sexual and reproductive systems, including body parts and their functions. Students will define sexual intercourse and its relationship to human reproduction.

Lesson 1: Healthy Relationships - Students discuss qualifications of a healthy relationship and how to effectively communicate within romantic relationships and peer relationships.

Lesson 2: Technology and Relationships - Students learn how to use technology safely, respectfully, and ethically in romantic and non-romantic relationships.



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Lesson 3: Identity - Students discuss how gender bullying and homophobia can hurt individuals and the community and create a strategy for showing respect and dignity to everyone.

Lesson 4: Bullying and Sexual Harassment - Students compare and contrast bullying, harassment, and sexual harassment and strategize ways to respond to bullying, harassment, and sexual harassment.

Lesson 5: (Cyber)Bullying - Students learn how online gossip and comments can have real life consequences.

Lesson 6: Sexual Abuse - Students identify facts and myths of sexual violence and learn how media and culture can influence their perception of sexual violence.

Lesson 7: Sex and Alcohol - Students identify how alcohol and drugs can influence sexual decisions and practice strategies for maintaining personal safety.

Final Project: Addressing Identity and Advocating for Respectful Communities – Students work cooperatively to explore differences in gender identity, gender expression, and sexual orientation and advocate for a culture of tolerance and respect in their school community.

### **Evaluation**

Students in grades 9-12 are evaluated based on their understanding of key concepts, vocabulary, and facts from the lessons. Each lesson provides points of evaluation for educators to consider. A pre-test and post-test are provided to give a quantitative evaluation of student knowledge before and after sexual education. The pre-test and post-test can be administered by handing out copies of the assessment or by projecting the assessment for completion in the student's journal.

At each grade level, lessons incorporate journaling and self-reflection activities focused on helping students internalize their learning experience and reflect on their growing knowledge of sexual health related topics.

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